

Better Choices Better Health®



Live Well

A Stanford University Evidence-Based Program available on Maui!

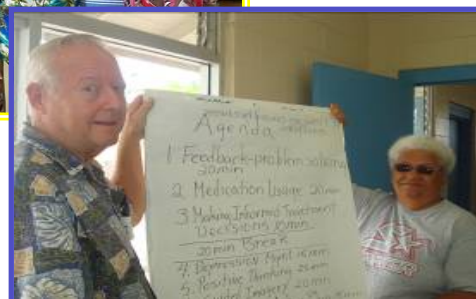
The six-class workshop focus on **techniques** to help people manage their overall **health** through achievable "ACTION PLANS" that involve relaxation, nutrition, improved communication **skills**, medication management, exercise and **more**.

- ❑ Small **classes** that are highly participative and focus on building skills, sharing experiences and developing support. *Ideal for workplace wellness emphasis.*
- ❑ Participants receive the book, "*Living a Healthy Life With Chronic Conditions*," an audio **relaxation** CD, "*Time for Healing*," and a certificate of completion.

Cost is \$10 for individuals age 60+ and for caregivers of any age. Under 60 years? The cost is \$35. **Scholarships** available. Workshops are held throughout the **county**. Call for times and locations.

✧ *For more info or to sign up, call Jo at 270-7755*

Offering specialized workshops on managing Arthritis, Diabetes, and general Chronic Health Conditions. Choose one that best suits you.



Sponsored by Maui County Office on Aging/ADRC, State Executive Office on Aging, U.S. Administration on Aging, National Council on Aging, American Heart Association, Hawaii State Department of Health, and Kaiser Permanente

Better Choices Better Health (BCBH)

Better Choices Better Health

- Is a Chronic Disease Self Management Program (CDSMP)
- Developed by Stanford University's Patient Education Research Center in collaboration with Kaiser 15 years ago.
- Established in 44 states and 22 countries
- Nationally acclaimed

CDSMP

- Helps adults with chronic health conditions such as hypertension, arthritis, heart & lung disease, stroke, diabetes and many others.

In Hawaii, BCBH

- Is offered in all four Counties

On Maui BCBH

- Is sponsored by Maui County Office on Aging
- BCBH Workshops are offered on Molokai, Lanai and Maui, including Hana
- Workshops consist of 2.5 hour classes held once weekly for 6 weeks

Topics include

- Exercise & nutrition
- Goal setting, problem solving
- Decision making, medication management
- Communicating effectively with family, friends and health professionals

Cost

- Participants aged 60+ pay \$10; others pay \$35
- Scholarships are available
- Cost includes a textbook, "Living a Healthy Life With Chronic Conditions," an audio relaxation tape, & supplies

Registration

- Advance registration is required
- Class size is limited to fourteen participants
- Caregivers welcomed and encouraged to attend
- Transportation may be available
- Call Jo Reyes at 270-7233 or email jo.reyes@mauicounty.gov